

# 2010 Real Voices-Real Choices:

## Speaking for Ourselves

August 22-24, 2010

Join us at Tan-Tar-A Resort and Conference Center in Osage Beach, Missouri for the **2010 Real Voices—Real Choices** Consumer, Youth, and Family Conference. This year's theme is **Speaking for Ourselves**. A new dawn has risen for us to gather together, not as individuals who have addictions, mental illnesses or developmental disabilities, but as a group that is ready to SPEAK UP. It is time to become advocates in every part of our lives and in the society in which we live. The purpose of this conference is to inform, to educate, and to empower us to do more as an organized group of motivated people.

For more information visit the DMH website: [www.dmh.mo.gov](http://www.dmh.mo.gov) or call 1-800-364-9687

### Not All Who Wander are Lost: The Role of Creativity in Recovery

Why do some say they are "more creative" under the influence, and what can we learn from their experience? Accessing our creativity can be a way to strengthen Recovery. Kelly Madigan Erlandson, the award winning author of *Getting Sober: A Practical Guide to Making it Through the First 30 Days*, will draw from her own recovery and the insights of others such as J.R.R. Tolkien, Susan Sontag, and E.B. White to engage the audience in questions designed to enhance their personal creative process. She will pay special attention to focus, time and energy, impediments, day dreaming, and the importance of building a creative community.

### Registration Details

All individuals who attend the conference are required to pay a registration fee. The fee for consumers, youth, and family is **\$65** per person. The fee for professionals is **\$130** per person. The registration form and fee must be received by **June 30, 2010**. A late charge of **\$10** will be applied to registrations not received by the due date.

## ***Please Note***

***Attendees are responsible for***

- ***All travel and other expenses***
- ***Dinner on Sunday***
- ***Dinner on Monday***
- ***Lunch on Tuesday***

***Snacks will not be provided.***

## **Conference Schedule**

### **SUNDAY, AUGUST 22, 2010**

10:00 AM—1:00 PM ..... Registration  
1:00 PM ..... Welcome  
1:30 PM ..... Plenary Session  
2:30 PM ..... Break  
3:00 PM ..... Keynote Address  
4:00 PM ..... Sessions End  
5:00 PM ..... Dinner on Your Own

### **MONDAY, AUGUST 23, 2010**

7:00 AM ..... Breakfast  
8:30 AM ..... Plenary Session  
10:00 AM ..... Break  
10:30 AM ..... Plenary Session  
12:00 PM ..... Lunch  
1:00 PM ..... Concurrent Sessions  
2:30 PM ..... Break  
3:00 PM ..... Concurrent Sessions  
4:30 PM ..... Sessions End  
5:00 PM ..... Dinner on Your Own

### **TUESDAY, AUGUST 24, 2010**

7:00 AM ..... Breakfast  
8:30 AM ..... Plenary Session  
10:00 AM ..... Break  
10:30 AM ..... Concurrent Sessions  
12:00 PM ..... Conference Ends

## **Hotel Reservations and Meals**

All participants must submit the registration form and fee by **June 30, 2010**. The **\$65** per person registration fee for consumers, youth, and family members includes a sleeping room for two nights. Reservations will be made upon receipt of a completed registration form and payment.

Professionals are responsible for the **\$130** per person registration fee as well as for making reservations at the hotel and paying for their sleeping rooms at a cost of **\$85** per night. Contact Tan-Tar-A at **1-800-826-8272** and ask to reserve a room for the August 2010 *Real Voices-Real Choices* conference sponsored by the Missouri Mental Health Foundation.

The registration fee for all conference participants includes breakfast and lunch on Monday as well as breakfast on Tuesday. All other meals and snacks are at the expense of the attendee.

August 22-24 2010 at Tan-Tar-A, Osage Beach, Missouri

## 2010 Real Voices—Real Choices Registration Form

Each person who plans to attend the conference must fill out a registration form and pay the required registration fee. Please print the requested information clearly. Make checks or money orders payable to the **Missouri Mental Health Foundation**. The registration fee is **\$65** per person for consumers, youth, and their families. The fee for professionals is **\$130** per person. A late fee of **\$10** will be charged upon all registrations not received by **June 30, 2010**. Mail this form and payment to the:

**Office of Consumer Safety  
Missouri Department of Mental Health  
1706 East Elm Street  
Jefferson City, MO 65102**

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home or Cell Phone: \_\_\_\_\_ Home E-mail: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Contact's Primary Phone: \_\_\_\_\_ Contact's Alternative Phone: \_\_\_\_\_

Confirmation letters will be sent to applicants upon receipt of a completed registration form and fee. Hotel reservations will be made for consumers, youth, and family members. Professionals are responsible for making hotel reservations and paying for their sleeping rooms. Contact Tan-Tar-A directly at 1-800-826-8272 to reserve a room.

☐ I am attending as a consumer, youth, or family member. I have enclosed my \$65 per person fee.

☐ I am attending as a professional. I have enclosed my \$130 per person fee.

**I need accommodations due to a disability** (check all that apply and explain below).

☐ I need an accessible room (Rooms will be provided on a first come, first served basis).

☐ I have a personal care attendant (The following information is required for all attendants).

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

☐ I would prefer to share my room with my attendant.

☐ I would prefer for my attendant to have a separate room located next to mine.

☐ I would prefer to share my room with (provide the person's name) \_\_\_\_\_.

☐ I need to have easy access to elevators and meeting rooms (explain below).

☐ I need a special diet (heart healthy, diabetic, vegetarian, gluten free) (other, explain below).

☐ I require an ASL interpreter for the deaf or hard of hearing.

☐ I need materials in Braille or large print (explain below).

☐ I need other accommodations (explain below).

☐ I would prefer a room that permits smoking.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(Attach a page if necessary)

**Youth must be 16 years of age or older to attend the conference.**

# 2010 Real Voices—Real Choices:

## Speaking for Ourselves

Real Voices—Real Choices Conference sponsored by:



**2010 Real Voices—Real Choices Conference**

**Missouri Department of Mental Health**

**1706 East Elm Street**

**Jefferson City, MO 65102**

**For more information visit the  
DMH website: [www.dmh.mo.gov](http://www.dmh.mo.gov)  
or call 1-800-364-9687.**